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WHAT'S UP WITH 'DOWNTON'? {page 12}

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Monday, July 23, 2012

COURTNEY SACCO/METRO

Celebration, joy at hostage homecoming

Boston pastor, Everett woman reunited with family, supporters after being held hostage for three days in Egypt Hundreds fill church to welcome home Michel Louis, 61 Prayers offered for kidnapper {page 02}

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Pastor, Everett woman taken hostage in Egypt return home

- Joyful family members, supporters greet freed hostages
- Pair spent three days kidnapped in Egypt
- Pastor says he feels desire to pray for his captors

A religious trip to the Middle East that started out full of joy and excitement, but then turned to terror and fear finally came full circle yesterday with joyous celebration in Mattapan.

The Rev. Michel Louis, 61, and Lissa Alphonse of Everett, returned home Sunday afternoon after spending three days as hostages in Egypt.

"They were carrying machine guns as big as they could," said Louis through an interpreter, adding that they slept in three different places in three nights. "We had no shower for four days."

A celebration was held last night at Jubilee Christian Church in Mattapan. There, hundreds of people, including Sen. Scott Brown, raised their hands, cheered and gave a standing ovation when Louis and his family appeared in the church.

"Tonight's a welcome home service for our hero, our pastor, our friend, our father," said Jubilee Pastor Matthew K. Thompson.

Thompson also said Louis told him he felt a burden to pray for his kidnappers and those in attendance did.

A Bedouin tribesman, Germy Abu Masouh, said he had kidnapped the people in central Sinai in protest at the jailing of his uncle on drug charges, according to Reuters. He claimed his uncle was jailed for refusing to pay a bribe. In an interview with the Associated Press during the time of the incident, Abu Masouh said the hostages were being treated as guests and fed well and were allowed to use the phone. He also told the news agency that he would take more hostages until his uncle is released.

The group was on a bus in the mountains of Egypt when the hostage-takers stopped the vehicle. Louis' wife was also on the bus, but was not taken.

Just a week before their return home, many of their family and friends were not aware of what the outcome would be. At churches in Mattapan last week, those that had known Louis as their pastor prayed for the group's safe return.

Yesterday, before heading to Logan Airport to greet his wife, Alphonse's husband told the Globe he was relieved the ordeal was coming to an end.

"Thank God," he told the Globe. "I can't wait for her to set foot on U.S. soil."

COURTNEY SACCO/METO

▶ Pastor Michel Louis, center, is reunited and prays with family and friends at Jubilee Church in Mattapan.

Time line: A summary of the ordeal and the journey home

July 13
While on a trip through the Sinai region of Egypt, the group's tour bus is boarded by an armed man who plans to take hostages. He takes the Rev. Michel Louis, Lissa Alphonse of Everett and their tour guide.

July 15
Holding out hope, family members and supporters hold prayer services at churches throughout Mattapan that Louis helped found. Supporters are urged to pray for the safe return of the pair.

July 16
The hostage taker agrees to release the pair after Egyptian officials agree to work with him on his demand. Back home, family members are emotional over the news and eventually speak with the former hostages by phone.

July 22
After rejoining their group on their trip from Egypt to Israel, and a delayed flight, the pair arrives home in Boston where family members and friends gathered at Terminal E at Logan Airport.

MICHAEL NAUGHTON
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Quoted

"I am so thankful."
JEAN LOUIS, SON OF THE REV. MICHEL LOUIS

"Never in my mind [did I feel] something bad was going to happen to me or my sister [Lissa Alphonse]."
THE REV. MICHEL LOUIS

In the news

80

The age of a woman who threw mangoes at a pair of armed robbers at a New Bedford convenience store. The woman was working at the store when two men, armed with a gun, tried to rob it Friday. She pelted them with the fruit until they left, but not before they hit her in the head. She was not seriously hurt, and the men were later arrested.

Today's local tweet

"The most action I've gotten this month is from all the Red Sox fans on the Green Line #MBTA"
@CARRIESNOTSCARY, ON THE PASSION OF RED SOX FANS

News in brief

Man stabbed along Riverway

BOSTON. A man was injured in a daylight attack yesterday just outside the Longwood medical area.

The unidentified man was stabbed during a robbery attempt near Longwood Avenue and the Riverway at about 12:20 p.m., according to Boston police.

The man was taken to Brigham and Women's Hospital. His condition was unknown.

Police were still searching for the attacker last night.

Boston Police said the victim, 49, was feeding the ducks and refused to give up his iPhone and other possessions at the demand of the suspect. METRO

Mob captain to be sentenced this week

BOSTON. An alleged mob captain and an associate will be sentenced this week after they were recently found guilty of ordering a break-in of a Roslindale home.

Mark Rossetti, 52, of East Boston, and Yasmani Quezada, 30, of Revere, were found guilty last week, according to the Attorney General's office.

Rossetti is allegedly the captain of a highly organized and violent criminal enterprise that operated throughout eastern Massachusetts.

They allegedly ordered the break-in of the Roslindale home to steal money and drugs.

The pair will be sentenced Thursday. METRO

iRobot salesman causes flight disruption

BOSTON. A salesman for Bedford-based iRobot Corp. caused a brief scare at Newark Liberty International Airport when he left behind luggage labeled "C-4."

The 33-year-old Somerville man returned a rental car to the New Jersey airport Saturday and left behind two suitcases with replica explosives inside. Authorities cleared the suitcases and state police waited at Logan Airport for the man to return.

He was questioned and said he forgot the luggage, which was part of a training and sales seminar.

The company makes various robots, including ones programmed for bomb disposal. BOSTON.COM

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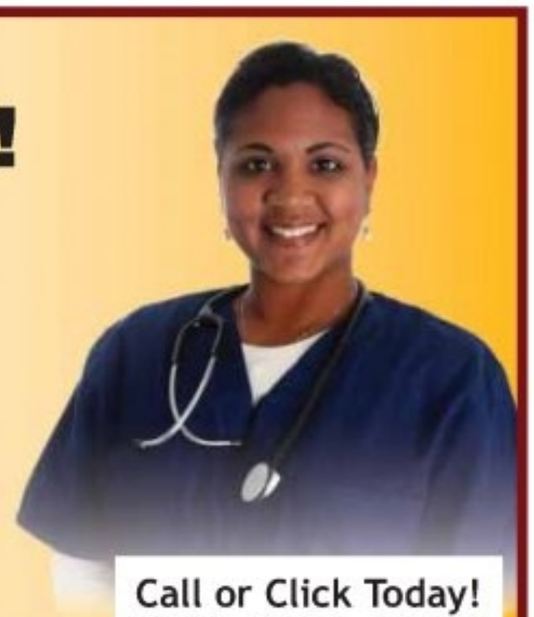

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Same-sex marriage remarks force game of chicken in Boston

The cluck stops here.

Mayor Thomas Menino said he would try to block an attempt by Atlanta-based fast food chain Chick-fil-A from coming to Boston after the company's president said they believe in a traditional family.

"Chick-fil-A doesn't belong in Boston. You can't have a business in the city of Boston that discriminates against a population. We're an open city, we're a city that's at the forefront of inclusion," Menino recently said, according to the Boston Herald.

"That's the Freedom Trail. That's where it all started right here. And we're not going to have a company, Chick-fil-A or whatever the hell the name is, on our Freedom Trail," Menino added, according to the Herald.

Menino's comments follow reports that the chain, which closes its restaurants on Sundays, is looking to expand into Boston, possibly in the building near Faneuil Hall that once housed a McDonald's.

2

The number of Chick-fil-A locations in the Bay State. The locations are miles away from Boston in Burlington and Peabody.

The chain's president, Dan Cathy, came under fire recently when he made comments to the Baptist Press that the company believes in "the biblical definition of a family unit."

The company's stance on same-sex marriage led to it being uninvited from opening in Northeastern University's student center earlier this year after students voted against allowing it there.

In a statement posted last week on Facebook, Chick-fil-A said its culture is "to treat every person with honor, dignity and respect — regardless of their belief, race, creed, sexual orientation or gender."

"Going forward, our intent is to leave the policy debate over same-sex marriage to the government and political arena," the statement said.

MICHAEL NAUGHTON
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■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON* ■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a pride issue give this tea a shot. It's difficult to express how delighted I am. *Clarence A. Rehrig, 58, Allentown, PA* ■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. *Thomas M. Thurston, Forsyth, GA.* ■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

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■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. Irene Surridge, 67, Owen Sound, ON ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY.* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

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■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY.* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60, New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**

#23

SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep** #23. My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

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Lights, camera, Boston: TV and film shoot tour offers unique look at local cinematic scenes

COURTNEY SACCO/METRO

▶ David Aspro of On Location Tours photographs members of his group sitting at the "Good Will Hunting" table in the L Street Tavern in Southie.

With the city's historic landmarks and picturesque parks, and the state's generous film tax credit, it is no wonder why the Hub is home to a boatload of movie shoots.

And with that comes tourists who want to see Boston from its cinematic angle.

"It is interesting to us that people are starting to see Boston in that 'Hollywood in the Hub' light," said Georgette Blau, owner of On Location Tours, which operates the Boston TV & Movie Bus Tour.

Yesterday, tour guide David Aspro showed off 40 of the city's most iconic film spots to a crowd of about 25 tourists. While on route to filming locations, tourists viewed clips from movies that range from hits like "The Boondock Saints," to some under-the-radar flicks like "What's the Worst That Could Happen?"

"The state's tax credit has brought a whole bunch of new movies to the city, and it definitely helps the tourism industry," Aspro said.

Yes, the three-hour tour ends at the original "Cheers" bar on Beacon Hill, but the unique cornerstone of the tour is a 30-minute stop at Woody's L Street Tavern, a small, dark South Boston bar that served as the watering hole for the characters in the 1997 Oscar-winner "Good Will Hunting."

While Boston proper offers a lot of options for filmmakers, they are also drawn to the grittiness of some neighborhoods.

"The city itself has a lot of history to it and has a lot of different geographical features that sets it apart as a great place to film. You have the public garden, you have Fenway, tons of old buildings and squares, and you also have Southie," Aspro said. "Southie has completely changed since it was 15 or 20 years ago."

As Canadian Max Boyd enjoyed a drink at the L Street Tavern's "Good Will Hunting" table, he admitted that when he thinks of Boston, the term "movie set" isn't the first thing that comes to mind.

"I think of the Red Sox, Celtics, Bruins. But it makes sense that TV shows and films would want to shoot in Boston. It has a lot of history," he said.

Yesterday was the first time in four years the tour took guests to Fenway, a site that will be a regular stop on the tour because of recent movies like "The Town," "Moneyball," and most recently, the Seth MacFarlane hit comedy, "Ted."

One movie that is currently filming in Boston has gotten extra attention lately.

"The Heat," which stars Sandra Bullock and is shooting in Roxbury, was the site of an MBTA bus crash and fatal stabbing. Tourists eagerly peered at the site as the bus passed by.

"People really enjoy feeling like they have the inside scoop on a new movie," Aspro said.

MORGAN ROUSSEAU
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Hot spot stops

- **The L Street Tavern in South Boston** – "Good Will Hunting" (1997): Tourists get 30 minutes to pound a $3 cocktail or two in true Boston fashion and rub elbows with real Southie folk.
- **Thornton Flower Shop in South Boston** – Tourists pose for pictures in the flower shop featured in "The Town" (2010)
- **Fort Point, 11-13 Farnsworth St.** – Tourists get to stand at the exact spot where Martin Sheen's character dies in "The Departed" (2006)

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NCAA to punish Penn State, school removes JoePa statue

The NCAA will anounce "unprecedented" sanctions against Penn State University today over its handling of a sex-abuse scandal, after the school removed a statue of former coach Joe Paterno outside its football stadium.

After a report concluded school officials attempted to cover up the scandal, the NCAA may decide to shut down the Nittany Lions football team — the so-called death penalty — Geoffrey Rapp, a sports law professor at the University of Toledo in Ohio, said in a telephone interview.

"The only punishment that really fits this crime is the death penalty," Rapp said.

Mark Emmert, the president of the NCAA, will detail "corrective and punitive measures" at a press conference at tomorrow, the college athletics' governing body said in a statement.

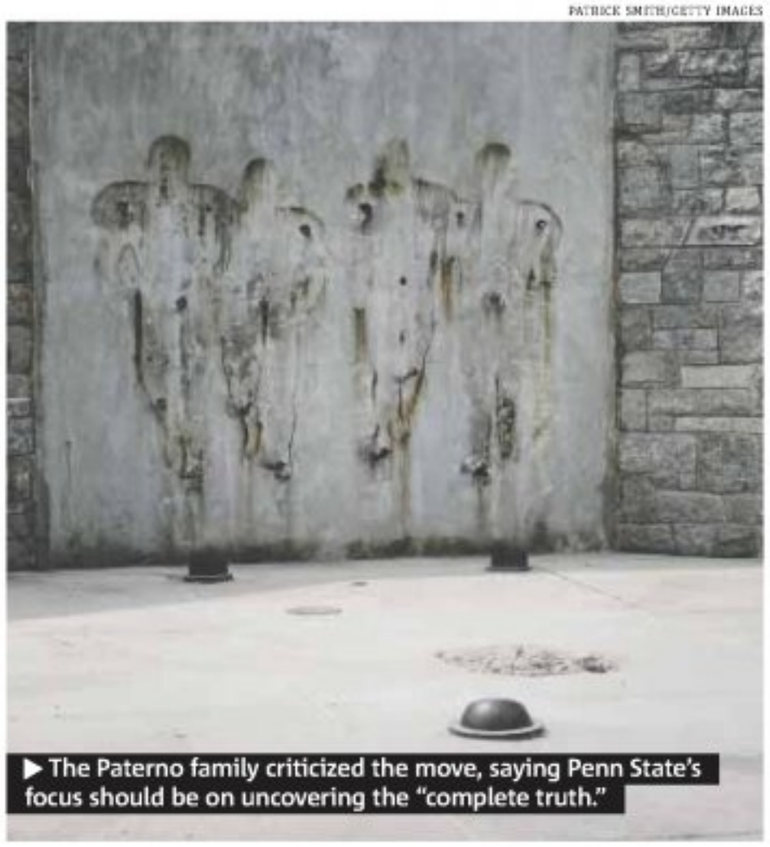
"I now believe that, contrary to its original intention, coach Paterno's statue has become a source of division and an obstacle to healing."

PENN STATE PRESIDENT RODNEY ERICKSON SAID IN A STATEMENT

CBS News, citing an NCAA official it didn't identify, said the school and its football team face "unprecedented" penalties.

Penn State President Rodney Erickson said: "Paterno's statue has become a source of division and an obstacle to healing. Were it to remain, the statue will be a recurring wound to the multitude of individuals who have been the victims of child abuse." **METRO**

PATRICK SMITH/GETTY IMAGES



▶ The Paterno family criticized the move, saying Penn State's focus should be on uncovering the "complete truth."

Obama joins Aurora grief

AURORA, COLORADO. President Barack Obama headed to Aurora, Colorado, last night to meet families grieving after Friday's mass shooting that rekindled debate about guns in America. Special prayers were offered in Aurora for those who died in the town, which is not far from the scene of Columbine High School student massacre. "Our culture needs to change," Father Mauricio Bermudez told a packed mass at the Queen of Peace Catholic Church in Aurora. "What kind of people are we becoming? Today, we must change," he said. **REUTERS**

Governor says gun control 'would not have helped'

WASHINGTON. Tragedies like the "act of evil" that claimed 12 lives in a movie theater shooting in Aurora, Colorado, may not be preventable by stricter gun controls, the state's governor said.

"I'm not sure there is any way in a free society to be able [to stop a deranged individual from assembling a deadly arsenal]," Governor John Hickenlooper, a Democrat, said yesterday on CNN's "State of the Union."

"If there were no assault weapons available and no this or no that, this guy is going find something, right?" he said. "He's going to know how to create a bomb."

The shootings occurred at about 12:30 a.m. on July 20 during a showing of the new Batman movie, "The Dark Knight Rises." **BLOOMBERG**

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Recession's other victims are public universities

CREATAS IMAGES

▶ State schools are eliminating programs due to budget constraints.

For generations, most college-bound Americans paid reasonable fees to attend publicly financed state universities.

But the bedrock of that system is fracturing as cash-strapped states slash funding to these schools just as attendance has soared. Places like Ohio State, Penn State and the University of Michigan now receive less than 7 percent of their budgets from state appropriations.

As a result, public universities — which historically have graduated the majority of U.S. college students — are eliminating programs, raising tuition and accepting more out-of-state students, who typically pay significantly higher rates.

The upshot of it all? Students face greater competition for admission, significantly higher tuition bills and bigger debt loads upon graduation.

"I'm concerned about the costs of these universities," says Mike Eskew, a former CEO of United Parcel Service, who in 1972 graduated from Indiana's Purdue University without loans. "Those institutions helped build this country. For people like me who grew up in small towns, they were the ladder to the world."

The state cutbacks also mean students are attending larger classes, frequently taught by part-time professors earning dismal salaries. In 2009, less than a quarter of all university faculty were full-time, compared with 45 percent in 1975, according to the American Association of University Professors.

"The quality of education is a continuous worry and focus," says Peter McPherson, president of the Association of Public and Land-grant Universities and former president of Michigan State University. "As state support has been reduced, states have been looking more to universities even as they're cutting back." Despite the decreasing funding, he says, "You need to have these institutions feel as if they're part of the state." **REUTERS**

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

'Obscene' Katy Perry facing legal trouble

Although **Madonna** is practically begging for someone to complain about her racy MDNA tour, it's **Katy Perry** who has found herself in legal trouble stemming from an April performance in India.

It seems the singer invited cricket player **Doug Bollinger** onstage to demonstrate how to hold a cricket bat, and the lesson — which involved Bollinger snuggling up behind Perry and grabbing her below-the-waist microphone — offended a lawyer in the audience enough to file a complaint. In the case, which will be heard July 31, the lawyer claims that the gesture was "obscene and lascivious" and "distracted students who were writing exams at the time," according to The Sun.

Listen, guys — you're overreacting here. Katy Perry has squirted us with icing from her spinning cupcake bra, and our country's education system is totally fine. Absolutely nothing to worry about, we promise.

GETTY IMAGES

▶ Baby, you're still a firework to us.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@questlove
Can't believe I'm watchin this Saved By The Bell Marathon in bed on a saturday like its 1990. all i need is Soul Train to come back on at 12

@rejectedjokes (Ben Schwartz)
Just filled out a Mad Lib with Justin Beiber. He put SWAG in for everything. Noun, verb, pronoun...everything. SWAG.

Someone's gaga here

Pop stars can't catch a break from the crazies today. The Florida Family Association is blaming **Lady Gaga's** hit single "Born This Way" and the singer's charitable foundation of the same name for encouraging teens — including those who are LGBTQ — to feel like worthwhile humans.

"'Born This Way' sends an irresponsible message to many teens who would have eventually chose to be straight," says the organization's website.

No — just no. Although we do worry she sends an irresponsible message to many teens who would have eventually chosen not to wear a dress made from decapitated Muppets.

Is this a marketing strategy?

Did you ever wonder what diet cocktail smack talk sounded like? Real Housewife **Teresa Giudice** is celebrating the release of her Fabellini line of low-calorie drinks by taking a swipe at fellow Housewife **Bethenny Frankel's** Skinnygirl brand.

"My thing is I don't like anything that tastes diet-y," she tells UsMagazine. "For instance, Skinnygirl tastes diet-y. I don't like that."

It's enlightening little bits like these that some think will land Giudice her own show. "She knows this is a critical time for her and any future opportunities, so she doesn't stop working," a source tells Us. "Bravo would definitely give her her own show, especially after this season. There's so much drama."

Are we really distressed enough to drink a Fabellini? New low over here at The Word.

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Was your weekend missing a Lorax, too?

1 A tanned — and dare we say highlighted? — Alec Baldwin brought brand-new wife Hilaria Baldwin to the Hamptons International Film Festival on Saturday.

2 When David Hasselhoff's happy, we're happy. On Saturday, he celebrated his 60th birthday with his 31-year-old girlfriend, Hayley Roberts.

3 Great moments in orange carpet history: Danny Devito and his Dr. Seuss doppelganger were on hand for the U.K. premiere of "The Lorax" on Sunday.

4 Generally, people who look this small next to a bag of chips don't eat them. Nevertheless, Eva Longoria was promoting Lays in Times Square on Friday.

5 Even at photocalls, Group Love makes us want to bounce around.

1: SONIA MOSKOWITZ/GETTY IMAGES
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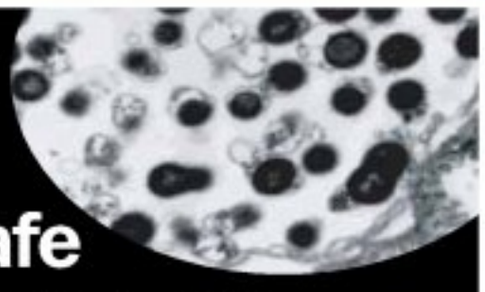
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PBS at TCA, Day 1: From 'willies' to an impromptu 'Free Bates' campaign

Spoiler-filled 'Downton Abbey' panel caps off first day of the Television Critics Association press tour

FOR FULL COVERAGE FROM THE TELEVISION CRITICS ASSOCIATION PRESS TOUR, FOLLOW AMBER: @AMBERATMETRO.

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The Television Critics Association press tour, the semiannual gathering of journalists to preview the new and returning series premiering this fall, kicked off Saturday with a look at the offerings from PBS.

During the executive session, PBS President Paula Kerger addressed the decision to fire "Market Warriors" host Fred Willard after his arrest on suspicion of engaging in a lewd act in a Hollywood theater last week. "Our concern really is that his circumstance would become a distraction to the series, which we're hoping will have an ongoing presence on public television," Kerger said.

PBS's most anticipated new drama, "Call the Midwife," was responsible for the day's most comical TCA Twitter hashtag: #detachablewillies. Based on the best-selling memoirs of Jennifer Worth, the series tells the story of Jenny Lee, a young midwife working with an order of nuns in the poorest area of London in the 1950s.

CARNIVAL FILM & TELEVISION LIMITED 2011 FOR MASTERPIECE
▶ The engagement of Matthew (Dan Stevens) and Mary (Michelle Dockery) may not be entirely smooth in Season 3 of "Downton Abbey."

As for portraying childbirth realistically without appearing graphic, "it's all about [camera] angles," says series star Jessica Raine, who portrays Jenny. Several prosthetic newborns were also created as props. "They are really heavy, and we got one baby with a detachable willy so it could be a boy or a girl baby," Raine admitted, immediately prompting the hashtag.

The day's big finale featured the cast and creator of the PBS megahit "Downton Abbey." Those in the packed ballroom were treated to a spoiler-filled trailer for Season 3, including a heated exchange between Lady Mary (Michelle Dockery) and fiance Matthew Crawley (Dan Stevens, not present on the panel).

Creator Julian Fellowes said Season 3, premiering Jan. 6, is "in a way, about the recovery from the war." The world — and Downton Abbey itself — is in a massive state of change. He promises "laughs and tears."

Plenty of those should be had in the storyline involving beloved valet Mr. Bates (Brendan Coyle), who is (falsely?) in prison for the murder of his ex-wife, while his current wife, housemaid Anna (Joanne Froggatt), is determined to find evidence that sets him free. It turns out Anna isn't the only one who wants to see Bates emancipated.

Series star Hugh Bonneville, while commenting on his character Robert's position in life ("his destiny was pre-determined. He was born to hand on his estate to the next generation") suddenly stood and began ripping off his tie. He turned away from the audience and unbuttoned his shirt, turning back to reveal a "Free Bates" T-shirt, to raucous applause — even from TV critics.

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mywellbeing

How to stay cool in the dog days of summer

Zen in the city

GABRIELLE BERNSTEIN
WWW.GABBYB.TV

A 100-degree day in a congested city is never a cool experience — I admit I tend to get irritated and overwhelmed as I navigate my way through the sticky, sun-baked streets. If you're anything like me, serenity is a distant afterthought on a hot summer day. For the sake of your sanity and health, follow these three tips to keep your cool on a sizzling day.

DIGITAL VISION

▶ On sticky days like these, a little comfort isn't impossible to find.

Prepare for the heat

First things first: Stay mellow in the high temps by mindfully preparing for your commute. Before you leave the house, make sure you've set yourself up to win. Practice simple acts of self-care: Pack an extra shirt in case you get sweaty, or prepare a playlist of tunes that keep you positive even if you're fanning yourself with your Kindle. And don't forget to slather on sunscreen. Dr. Pryia Batra from Vanguard Dermatology suggests wearing SPF 50 sunblock even when you're walking to work. Paying extra attention to your personal well-being is a huge stress reliever when heat is an obstacle.

Meditate on your commute

This will greatly serve you when you're stuck on a hot bus, subway or train. Press play on some ambient music and breathe deeply in your nose and out your mouth. Need help getting into the zone? Visit www.gabbyb.tv/landing-page for my free guided meditations. Connecting to your breath through meditation will help you release all negativity before you get to the office. Simply shut your eyes and breathe deeply, and your commute will be much cooler.

Drink up

Staying hydrated will help you maintain your energy and keep you cool throughout the day. My dear friend and doctor, Frank Lipman, says, "Drink half your body weight in ounces of water each day. You want to drink fluids before you are thirsty, because if you wait until you're thirsty you are already dehydrated. And remember, it has to be water — iced coffee and margaritas don't count!" Even though it might sound obvious, don't disregard this crucial step.

The heat doesn't have to get you down this summer! Take care of yourself with a little mindfulness and you'll avoid unnecessary meltdowns.

*— **Gabrielle Bernstein** is the author of "Spirit Junkie."*

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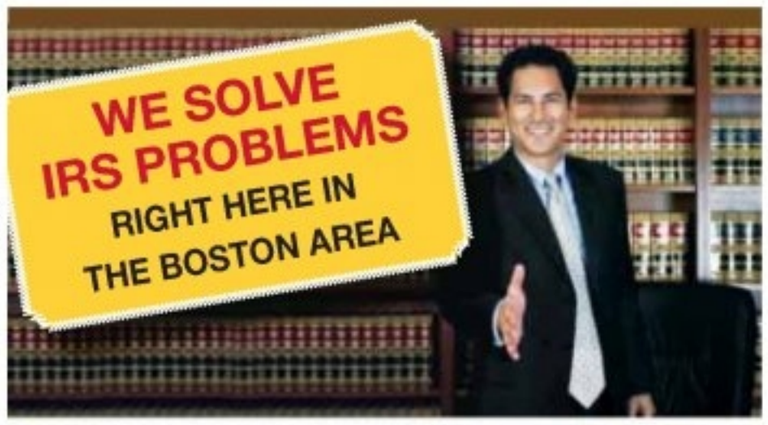

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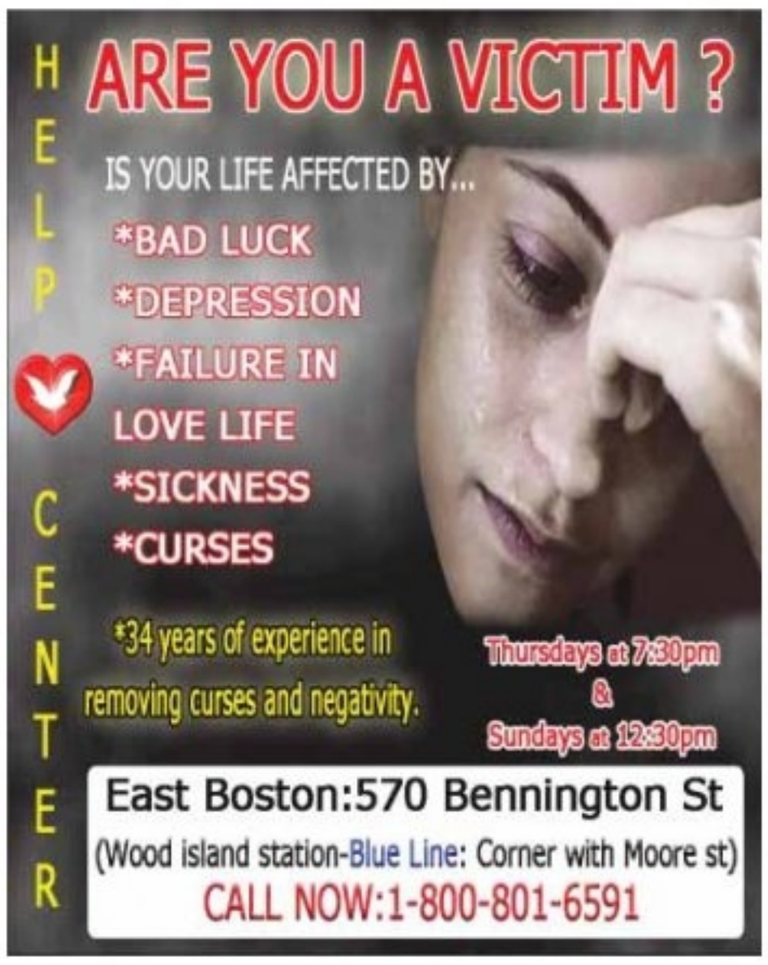

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How to overcome gender stereotypes in the workplace

Many women working in offices still have to contend with a host of unfair assumptions Here are some tips to help fend off sexism

DIGITAL VISION

▶ Present yourself as professional and capable, and you'll turn people's misconceptions on their heads.

Gender stereotypes can be a severe hindrance to your work. They can also distract from serious issues and affect a person's comfort level. "Women who unwittingly adhere to gender stereotypes are less likely to be taken seriously for their abilities and contributions," explains Lahle Wolfe, About.com's Guide to Women in Business. It's time to stop stereotypes in their tracks and move forward.

Where to begin? "Be excellent," insists Brenda Fiala, Strategy SVP at Blast Radius. "Set for yourself an expectation of delivering excellent work, and strive to do it positively and consistently." When you're a good employee, it gets noticed — regardless of sex. "Your role," explains Wolfe, "is to contribute to the success of the business. If you are not doing that first, you will be hard-pressed to blame gender discrimination."

"Be excellent. Set for yourself an expectation of delivering excellent work, and strive to do it positively and consistently."
FIALA

Many professionals stress the importance of an appropriate wardrobe. If you want to be seen as a vital contributor to the company, you'd better look the part. "Dress professionally, not for going out," says Fiala. "Professional attire that you are comfortable in builds confidence." This doesn't mean dress like a man — it means keep it clean.

If there's a stereotype that you find offensive or degrading, simply don't perpetuate it. Someone says that women are gossipy? "Do not engage in gossip, no matter how tempting." This advice comes from the authors of "Mean Girls at Work: How to Stay Professional When Things Get Personal," Katherine Crowley and Kathi Elster. Or maybe you know someone who insists that female bosses are moody or rash. "You can be a strong leader by laying out expectations clearly and giving direct feedback," write Crowley and Elster.

"To break a stereotype you have to live outside it first," says Wolfe. Observe and understand what stereotypes you may be falling into and make them a thing of the past.

JULIA WEST
letters@metro.us

JUPITERIMAGES

▶ It's not exactly the corporate ladder, but many of America's employees spend some time working in retail.

One woman's account of retail hell

When the economy turned south in 2009, author Caitlin Kelly found her freelance writing gigs shriveling up, one by one. In an effort to stay afloat she began working at in The North Face at her local mall.

She wound up encountering the struggles, fears and frustrations 15 million American workers feel every day.

Her latest book — "Malled: My Unintentional Career in Retail" — chronicles her two years as a frontline retail sales associate and diagnoses a broken system of low-wage/high-expectation, emotionally taxing work.

"Retail looks like it's low-skilled. It's not. That's why I wrote the book. I came away with a lot of respect for a job that demands a high degree of emotional and intellectual skill," says Kelly, from her home in Tarrytown, New York. "It's a low-wage job, which to a lot of people means it doesn't take a lot of skill. It doesn't mean that. It just means it pays badly. There are people behind counters with Ph.D.s and MAs. And even if they don't have a college education, they're still bringing an A-game. But they don't get the corporate respect."

On the inside

Kelly bristles at a common theme in the criticism of her book: Namely, that her perspective is that of a privileged outsider.

▶ "Define privilege: I'm not wealthy, I live in a one-bedroom apartment, I have an old car. If I was that privileged, I wouldn't have taken a low-wage job and stayed in it for 27 months," she says. "People have said, 'Oh, you're whining.' You know what? You go do that job for a while. Go get emotionally abused for the next 27 months and see if you come out all perky and shiny."

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Billing Clerk – A well-known Boston area hospital is seeking a Medical Billing Clerk with specific acute care hospital experience , a solid working knowledge of Microsoft Office applications, and excellent communication, customer service and organizational skills. This billing clerk position requires 4+ years experience. Primary responsibilities include processing bills with remittance, preparing journal entries of adjustments to billings, communicating with internal departments on discrepancies and following up on claims denials. Up to $18/hour based on experience.

Accounts Payable Clerk – A prestigious college in Boston is seeking an experienced Great Plains Accounts Payable coordinator for an engagement set to last several months. The responsibilities include matching and coding invoices, resolving A/P issues, processing expense reports, updating and reconciling sub-ledger to G/L, and processing checks. Prior Accounts Payable experience is a must, Bachelor's Degree is preferred and Great Plains experience is a plus. Great work environment! $17-$19/hour.

Senior Staff Accountant – This is an exciting opportunity for a Staff or Senior Accountant with at least 2 years of accounting experience. While in this role, you will work in many different industries and be exposed to a multitude of accounting reporting systems and software. The position includes a full benefits package including health, dental, vision, 401k and paid overtime. The core responsibilities include running financial projects using a broad range of accounting and analytical skills. Specific responsibilities can include month-end closings, bank reconciliations, account analysis, journal entries, assisting in preparation of financial statements and budget analysis. For more information on this unique career offered exclusively through Robert Half, please contact us today!

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myletters&games

Letters

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Entire nation falls prey to Aurora evil

James Holmes allegedly killed 12 and injured 58 in a movie theater in Aurora, Colorado.

This brings much sadness to our nation.

Our heartfelt prayers go out to these families who lost love ones and those who were injured in this senseless massacre.

This was an egregious and nefarious act that was perpetrated by an individual that was the personification of pure evil. A movie theater is suppose to be a place that should be safe, I guess no more.

We are becoming a nation under siege by those who have no regard for innocent lives.

Evil is what evil does.

FREDERICK BEDELL JR., VIA E-MAIL

In the wake of Friday's shootings in Colorado, I am neither going to call for stricter gun control laws, nor cry: "Can't we all just get along?"

Nor will I condemn the film and Hollywood for glorifying violence and eroding our morals.

None of that is realistic or helpful.

Rather, I will simply note that this is a tragedy that has robbed many of their loved ones — and out of respect for their grief we should refrain from claiming these events as proof of our personal ideologies (whatever they may be).

JOSEPH CONNELL, VIA E-MAIL

Bush to blame for financial crisis

I would like to respond to the letter from Paul Kane accusing President Clinton of making the "largest mistake" leading to the recent financial crisis of the past few years.

The changes to the Glass-Steagall Act did not "deregulate" the banking industry, as Mr. Kane says.

There were still plenty of regulations and oversight provisions that could have prevented the financial meltdown if the Bush administration had even attempted to regulate or oversee the financial industry — not to mention all the regulations that Bush and the Republican Congress likely repealed quietly in the years leading up to the crisis.

And the biggest failure of regulation under Bush was the lack of regulation and oversight of the mortgage industry, leading to the subprime mortgages that banks later invested in.

Also, Bush was responsible for monitoring the financial system.

If he had done that, then he could have acted to prevent the financial meltdown long before it got to that point, which is what Clinton or Gore would have done if they were in office during the same time.

What's more, the financial crisis would not have happened if job growth and wages weren't so stagnant during the Bush years, because you wouldn't have had so many people unable to pay their mortgages in the first place.

GABRIEL GOTTLIEB, VIA E-MAIL

An easy fix for Congress

Memo to both houses of Congress: Tired of being called a 'do nothing' Congress? Well, DO SOMETHING!

HERB STARK, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♋ Cancer **June 21-July 22.** Even if your financial conditions are better than usual, don't use it as an excuse to blow a wad on frivolous things that won't mean anything to you down the line.

♌ Leo **July 23-Aug. 22.** Because you're such a fast thinker, you'll be able make a complicated judgment call while your associates are still busy trying to figure out exactly what the problem is all about.

♍ Virgo **Aug. 23-Sept. 22.** If you're on your toes, you'll spot some beneficial developments that are taking place so quietly that most people wouldn't even notice. Being first on the spot will gain you the upper hand.

♎ Libra **Sept. 23-Oct. 23.** Certain friends could be of tremendous help in a commercial situation, if you understand what they have to offer. Don't hesitate to question them about what they know.

♏ Scorpio **Oct. 24-Nov. 22.** Two important objectives can be reached, if you use your smarts when going after them. Keep a low profile and don't broadcast your intentions.

♐ Sagittarius **Nov. 23-Dec. 21.** Because you are likely to be especially effective in dealing with committee work, chances are any constructive suggestion you make will be exactly what is needed.

♑ Capricorn **Dec. 22-Jan. 19.** When it comes to working with others on a joint project, you'll do what needs doing without standing on ceremony. Greater success than expected will come, mostly due to your input.

♒ Aquarius **Jan. 20-Feb. 19.** Harmony and balance can be restored in an important relationship that has been a bit unsteady lately. However, you must make the first overtures.

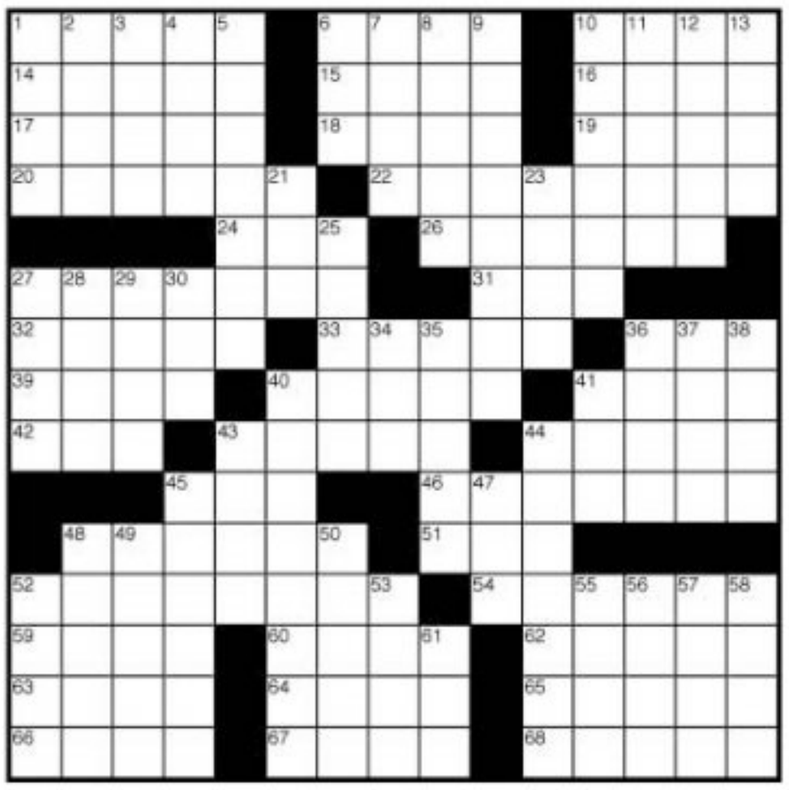
♓ Pisces **Feb. 20-March 20.** Start the week off by implementing changes that would improve conditions where your work or career is concerned. Even if this means humbling yourself a bit, it'll be worth it.

♈ Aries **March 21-April 19.** Today's conditions are conducive for you to begin building the network you need to accomplish an important aim. Start gathering those who have proven they can work well with you.

♉ Taurus **April 20-May 20.** Don't sit on your duff just because you haven't made any plans. Utilize this free time to connect all the loose ends you've left dangling.

♊ Gemini **May 21-June 20.** If your methods or procedures are better than what others have to offer, don't be surprised if you capture the attention of those who matter.

BERNICE BEDE OSOL



Across
1 Jalopy
6 "Nutcracker" costume
10 Dewlap
14 Three-legged stand
15 PDQ
16 Grades 1-12
17 — nous
18 Singer — McEntire
19 Painter Paul —
20 Position
22 Yacht builder
24 Broadway bio
26 Threat ender (2 wds.)
27 See the difference
31 Architect's wing
32 Beat by a whisker
33 Plantation drink
36 — Dawn Chong
39 Low voice
40 Hand-dye with wax
41 Amoebas have one
42 Matter, in law
43 Dromedary
44 Triangle parts
45 Cohort of Boris and Bela
46 Bland pudding
48 Long, flat timbers
51 Hire a lawyer
52 Give up (2 wds.)
54 Legendary
59 Bereft
60 Jean Auel heroine
62 Spacious
63 With, to Maurice
64 Quantity of paper
65 Dainty
66 Screen
67 First 007 movie (2 wds.)
68 Raison —

Down
1 High notes
2 Rave's partner
3 Film terrier
4 Gull cousin
5 Voted in
6 Mammoth entrapper
7 Pre-owned
8 Forbidden thing
9 In trouble (3 wds.)
10 Hyde's alter ego
11 Clay pots
12 — it's at
13 Fibbed, plus
21 Do the wrong thing
23 Iodine source
25 Fix, as a copier
27 Special
28 Like some chatter
29 Barracks offs.
30 Co. honcho
34 Sporty truck
35 Cheerful tones
36 Start all over
37 Baldwin or Guinness
38 Adamson's pet
40 ATM insert (2 wds.)
41 LI doubled
43 NE state
44 Hunted like a caveman
45 Moonshot event
47 — Wiedersehen
48 Establish as fact
49 Ancient harps
50 More crafty
52 Close-mouthed person
53 Pizzazz
55 Tree trunk
56 Upper story
57 Kuwaiti leader
58 Unit of force
61 I love (Lat.)

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SUDOKU **LEVEL: EASY**

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SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

SUDOKU SOLUTIONS: **WWW.METRO.US/PUZZLES**

Solution to weekend's crossword

A	C	D	C	■	S	A	L	A	D	■	L	I	S	A
M	I	R	A	■	P	L	A	N	E	■	E	R	I	C
O	N	U	S	■	A	E	T	N	A	■	V	A	N	E
K	E	B	A	B	■	■	H	A	R	D	E	N	E	D
■	■	■	B	A	S	S	■	S	E	A	L	■	■	■
L	A	V	A	L	A	M	P	■	■	L	I	M	P	S
A	V	E	■	L	A	I	R	S	■	I	N	U	R	E
R	I	G	S	■	B	R	I	N	E	■	G	R	O	W
C	L	A	C	K	■	K	N	A	V	E	■	A	B	E
H	A	N	O	I	■	■	T	R	I	C	K	L	E	D
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C	A	P	T	I	V	E	S	■	■	O	L	D	E	N
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The prized pupil

Saltalamacchia still hearing voice of Varitek behind the dish ◗ Former Red Sox great impressed with the young catcher's poise this season

J. ROCASH/GETTY IMAGES

▶ Jarrod Saltalamacchia learned a great deal from Jason Varitek.

No one knows what catcher Jarrod Saltalamacchia is going through right now better than Jason Varitek. Saltalamachhia is in a major slump at the plate. Going into yesterday's game, he was three for his last 34 with 20 strikeouts in that span.

But Saltalamacchia knows the way he performs behind the plate and how he handles the Red Sox pitching staff is more important, for the time being, than how he swings the bat.

"I've always felt that way anyway, but seeing what [Varitek] has been through in his career and knowing what he's done in his career, it felt a little better to have him say that to me," he said.

Now that Varitek has retired and is no longer with Saltalamacchia on a day-to-day basis, the 27-year-old is realizing just how much he learned from the man who spent 15 years behind the plate with the Red Sox.

"I am now kind of seeing the effects now of what it was like to be with him everyday," Saltalamacchia said.

Meanwhile for Varitek, watching the way Saltalamacchia has played this season has meant a lot to him.

"Everybody started to appreciate what Salty's doing more when he had 10, 12, 13, 14 home runs," Varitek said. "He was catching the ball, throwing the ball and doing the right things behind the plate well before that. The offensive recognition gave him recognition for something that he was doing superbly behind the plate."

Quoted

"You don't realize how much you learn when you are with [Varitek] everyday."

JARROD SALTALAMACCHIA, ON LEARNING FROM JASON VARITEK

RYAN HANNABLE
sports@metro.us

Lester pounded

Jon Lester endured the worst outing of his MLB career yesterday as Boston fell to Toronto, 15-7.

Lester was blasted in the first inning as Brett Lawrie homered, Rajai Davis doubled home Edwin Encarnacion and Jeff Mathis plated Davis on a sac bunt.

JP Arencibia, Davis and Travis Snider also homered off Lester as the pitcher gave up 11 earned runs on nine hits in four innings of work.

Celtics to add veteran big Collins

The Celtics roster is nearly finalized for the beginning of the 2012-13 season as Boston will reportedly sign 33-year-old center Jason Collins to a one-year deal at the veteran minimum.

Collins spent the early part of his career with New Jersey but most recently played in Atlanta. He averaged just 1.3 ppg last season with the Hawks in 30 games played.

Els rallies to take Open

Ernie Els took advantage of Adam Scott's collapse at Royal Lytham & St. Annes to win his fourth major title. Scott was four shots ahead with four holes to play. ● METRO

3

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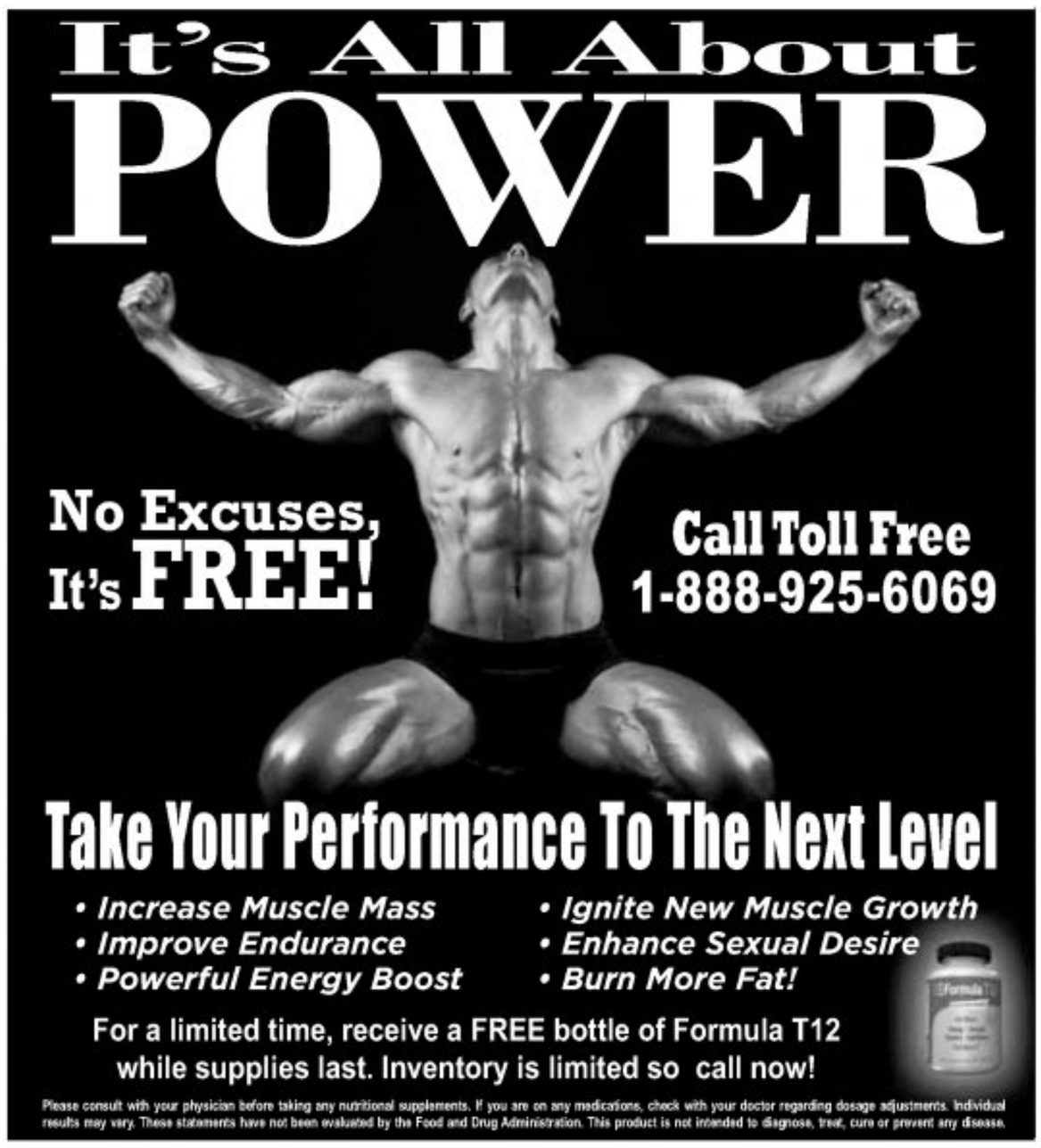
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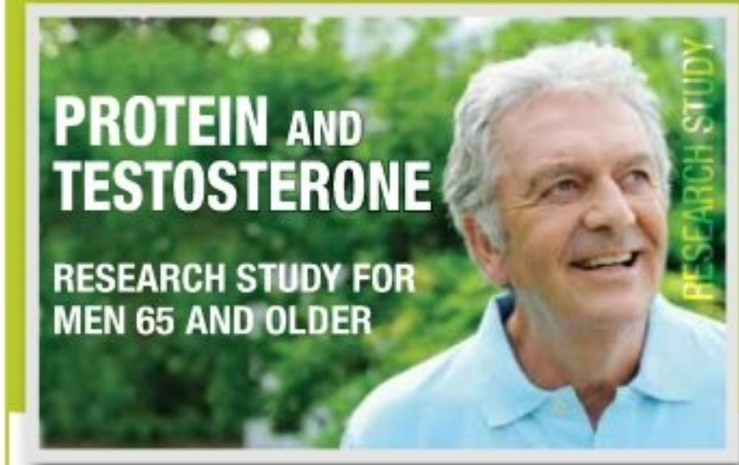

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Notice of Petition for Termination of Parental Rights G.L. c. 210 § 3

Docket No. MII2A0181CW

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

In the matter of: Elijah Gabriel Haskins

To:
Brett Stambovsky of Longmeadow, MA and any unknown or unnamed father, parent(s) of the above child

Middlesex Probate and Family Court
208 Cambridge Street Cambridge, MA 02141
(617) 768-5800

***A putative father will not have standing as a party to this case without a voluntary acknowledgment of parentage or an adjunction of paternity.**

A petition has been presented to said court by **Angel Adoptions, Inc., Waltham, MA 02453** representing that the parent(s) of the child lack(s) current ability, fitness, and readiness to assume parental responsibility for the child; the petitioner's plan for the child will serve the child's best interests; and, requesting that this Honorable Court enter a decree under the provisions of the General Laws of Massachusetts, Chapter 210, Section 3, that shall have the effect of terminating the rights of the person(s) named herein to receive notice of or to consent to any legal proceeding affecting the custody, guardianship, adoption or other disposition of the child named herein.

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Cambridge
ON OR BEFORE TEN O'CLOCK IN THE MORNING (10:00AM) ON: **09/11/2012**

YOU ARE ENTITLED TO THE APPOINTMENT OF AN ATTORNEY IF YOU ARE IN INDIGENT PERSON. An indigent person is defined by SJC RULE 3:10. The definition includes but is not limited to persons receiving AFDC, EAEDC, poverty related veteran's benefits, food stamps; refugee resettlement benefits, Medicaid, and SSI. The Court will determine if you are indigent. Contact and Assistant Judicial Case Manager/Adoptions Clerk of the Court on or before the date listed above to obtain the necessary forms.

WITNESS, Hon. Peter C DiGangi, First Justice of this Court.
Date: July 9, 2012
Register of Probate

Services

Health & Beauty

Licensed Massage Therapy !!!!!
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Come relax and unwind from everyday stress and tension with our relaxing and healing massage treatments. Watch the stresses of the day melt away beginning with moisturizing cremes and oils, warm towels and soothing tunes to lull you to that special place. It is truly a slice of heaven!!
You deserve this
One hour getaway, and wouldn't you say your overdue to be pampered?
We are just a phone call away.
We thank you for reading our ad !
Have a nice day !
Call Paula at
617-277-8244 or
Tricia
781-237-5858

Health & Beauty

Rainbow HEALTH CENTER

Foot Reflexology
60 min.....$45
Deep Tissue
Asian Body Work
60 min.....$55
Deep Tissue
Asian Body Work
& Foot Reflexology
120 min.....$92
36 Gloucester Street
2nd Floor, Boston
(corner of Newbury & Gloucester Street)
617-859-5858
Or
68 Essex St. Boston MA
617-728-0088

PATHWAY WELLNESS SPA
(617) 481-2569
33 Fayette, Quincy, MA
We offer the best massage in the Boston area! Specialize in DEEP tissue massage for athletes and body builders. Men and women welcome. One visit will make you a regular customer!

Careers

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Get 250 Free Voice Minutes PLUS 250 Free Texts each month.

NEW! $5 Talk and Text
Get 500 Total Voice Minutes and 500 Total Texts each month. That's 250 additional minutes and texts added to the free voice minutes and texts.

NEW! $30 Unlimited Talk, Text & Web
If you need more, get unlimited minutes, texts and web for just $30 a month.

All plans include a guarantee of 250 free minutes and 250 free texts as long as you remain eligible.

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If Eligible, You Get All This FREE!

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- Free 250 Voice Minutes
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